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AFTER 7 WEEKS, FREED AT LAST

IN AN UNEXPECTED MOVE, CANADIANS JOHN GREYSON, PICTURED, AND DR. TAREK LOUBANI HAVE BEEN FREED FROM A CAIRO PRISON **PAGE 4**

Migrant death toll climbing off Italy's coast

Divers find dozens more bodies, toll at 181 **PAGE 6**

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The Blades' Nelson Nogier wrestles for the puck with Dyson Stevenson of the Regina Pats in the first period of Sunday's game at the Brandt Centre in Regina. MARCO VIGLIOTTI/METRO IN REGINA

Blades fall in shootout finale against Pats

Back-and-forth battle.

Regina manages to grind out victory using top offensive talents



MARCO VIGLIOTTI
Metro in Regina

Boston Leier scored twice in regulation and added another in the shootout as the Regina Pats downed the Saskatoon Blades 5-4 in a seesaw battle Sunday night.

The victory is the Pats' (2-5-0) first on home ice this season, while the loss prevents the Blades (1-6-0) from stringing together their first winning streak of the year.

Despite never claiming the lead in regulation, the Pats dominated large stretches

of the game that saw special teams step to the forefront.

Using some of their most gifted offensive talents, the Pats were three-for-six with the man advantage, while the Blades went two-for-seven.

The Pats' top players dominated the score sheet, with Dyson Stevenson tallying a goal and two assists and Morgan Klimchuk adding two helpers.

On the other end of the ice, Blades sniper Nathan Burns netted all four of his team's goals.

In a thrilling game chock-full of great rushes and woe-full defensive miscues, the Blades quickly darted out to a 2-0 lead before the Pats cut the lead to one by the midway mark of the first period.

The Pats managed to quickly level the score early in the second before the

On Sunday

5

Pats

4

Blades

Blades capitalized on the power play to retake the lead.

Chandler Stephenson would put the Pats on even ground before the second period ended, only to have the Blades reclaim the lead in the early stages of the third.

In dramatic fashion, Boston Leier would tie the game with a rocket on the Pats power play late in the third.

Troy Trombley made 23 saves in a losing cause, while Dawson MacAuley made 21 stops for the Pats.



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4th Avenue North

Police restrict traffic to investigate suspicious package

The Saskatoon Police Service restricted traffic in parts of downtown as they investi-

gated a suspicious package on Sunday night.

A release from police explained officers, including members of the Explosive Disposal Unit, were investigating a suspicious package found in a vehicle in the 100 Block of 4th Avenue North around 5:30 p.m.

Saskatoon Fire and Protective Services and MD Ambulance were also on scene as a precautionary measure and police had closed off northbound and southbound lanes on 4th Avenue.

Traffic had been redirected to 21st Street and

23rd Street during the investigation and Sgt. Lisa Lafreniere, watch commander with Saskatoon Police Service, said officers removed the package and traffic restrictions were lifted around 7 p.m.

For updates on this story visit metronews.ca. **METRO**



Police block off part of part of 4th Avenue North. METRO

Premier pushes trade between Sask., Asia

Global opportunities.

Wall wraps up Japan leg of trade mission, begins talks with counterparts in Philippines



ROSS ROMANIUK
Metro in Regina

In Japanese, it's "domo arigato" — or, thank you. And Saskatchewan has, in effect, said that and more in Japan during a trade mission in which Premier Brad Wall is also pushing for further business opportunities for the province.

Wall is using the mission in part to recognize Japan for its purchases of more than \$1 billion worth of agricultural products from Saskatchewan last year alone.

Spending several days in the country this past week, the premier is further examining the trade potential in that and other Asian markets, including Singapore and the Philippines.

"It's our fastest-growing market, this area of the world. So we're paying special attention to it," Wall told Metro from the Philippine city of Manila on Sunday.

He pointed out that "quite

staggering" shares of Japan's agricultural imports come from Saskatchewan — 80 per cent of its durum, and about half of its canola seeds.

"There are more opportunities for us here, and we want to take advantage of them."

Wall is in the Philippines after ending the Japan leg of his trade trip by meeting on Friday with Takamori Yoshikawa, senior vice-minister of agriculture, forestry and fisheries.

The premier expressed gratitude to Yoshikawa for Japan's move to reduce an age restriction on Canadian beef to 21 months from 30 months, though he pointed out that he has asked for a removal of all age limits on Canadian beef in that country.

"We still have some concerns around trade," Wall noted.

"There is a tariff on canola oil. So it's more difficult for us to access the canola oil market, which is huge in Japan.

"We've asked for a reduction in that. It's what the trade mission is all about. It's about trade issues that affect our province, but it's also about trying to identify opportunities."

Eleven Saskatchewan firms are along on the mission, with representatives looking into



Premier Brad Wall chats with a Japanese business official during his visit to Tokyo as part of a Saskatchewan trade mission to Asia. Wall has embarked on the next leg of the trip, leaving Japan to head to the Philippines before he also travels to Singapore this week. COURTESY JERRY VALBUENA

Man on a mission

"It's our fastest-growing market, this area of the world. So we're paying special attention to it."

Premier Brad Wall on the importance of his trade mission in Asia.

the sales potential for what Wall described as products ranging from "honey to you-

name-it."

The premier also met with officials from seven corpora-

tions in Japan, took part in a Canadian Embassy reception with 130 entrepreneurs eyeing business with Saskatchewan, and signed a deal with a corporation for its testing of ground-monitoring equipment at the Boundary Dam carbon capture project run by Saskatchewan Power.



Approximately 1,600 people came out and participated in the 2013 CIBC Run for the Cure on Sunday morning. MORGAN MODJESKI/METRO

City's Run for the Cure raises \$260K

Saskatoon saw a sea of pink at Prairieland Park on Sunday morning as approximately 1,600 people participated in the CIBC Run for the Cure.

A nationwide event aimed at raising awareness and funds for the Canadian Breast Cancer Foundation, Saskatoon's raised more than \$265,000 this year.

"It's the idea that we're not just doing research for today, we're researching for the future, and a future without breast cancer," said breast can-

Online

For photos of Sunday's event checkout metronews.ca

cer survivor and co-run director, Karen Cranston.

Saskatoon has raised more than \$1 million during the last five years, and while raising funds is an important part of the run, Cranston noted it also serves as a support network.

"Most people, they do want to talk about it," she said. "They want to help others if they possibly can ... they want to make it OK to talk about."

Breast cancer survivor Niamh Menz said the run has been important for her during her fight.

"We're hearing stories about grandmothers who are 20 and 30-year breast cancer survivors, which gives women like me hope," she said.

MORGAN MODJESKI/METRO

Between 50 and 100 people participated in Saskatoon's first annual Tweed Ride, which organizers say gave cyclists a chance to take back the streets in attire popular when the bicycle was considered mainstream transportation. The cyclists converged at the Memorial Fountain near the Delta Bessborough on Sunday afternoon and travelled 10 kilometres through various parts of downtown, returning to the Delta Bessborough Gardens for tea, a picnic and prizes for best dressed rider.

MORGAN MODJESKI/METRO
morgan.modjeski@metronews.ca



1 On your marks. Get set. Take your time.

A young woman takes off from the starting line at the Memorial Fountain near the Delta Bessborough during Saskatoon's first annual Tweed Ride on Sunday afternoon.

2 Old souls.

Gordie Walsworth, 4, alongside Jonah Elliott, 9, Maclain Walsworth, 9, and Rocky Walsworth, 6, resemble a group of old-timey youngsters at Sunday's Tweed Ride.



Something to tweed about

3 Fitted in knitted attire.

Kimberley Dickinson was one of the many people who came out to Memorial Fountain to be part of the city's first annual Tweed Ride on Sunday.

4 Tip of the hat to quirky rides.

Corey Brown, a participant at Sunday's Tweed Ride, tips his hat as he takes his penny-farthing bicycle for a spin.



5 Sunday best.

Looking like a blast from the past, Jenna Langford, left, and Jodie Bovee pose for a photo on Sunday afternoon.

6 Jolly good time.

Tweedsters Eveline Boudreau, left, Richard Kerbes and Patty Lozowchuk look dashing as they wait for the ride to start.

UN. Fact-finder arrives in Canada to survey aboriginal concerns

A United Nations fact-finder is set to take stock of the plight of Aboriginal Peoples in Canada.

The UN has dispatched law professor James Anaya to speak to First Nations representatives and government officials as he drafts a report for the world body.

"The idea is to get a first-hand view of the situation of Aboriginal Peoples in Canada by hearing directly from as many as I can," he said.

As the UN's special rapporteur on indigenous rights, Anaya is responsible for promoting laws and policies that support indigenous peoples around the world. He will also look at their living conditions and issue reports and recommendations.

The rapporteur has no binding authority. Rather, he aims to shame governments



James Anaya THE CANADIAN PRESS

into action by bringing unacceptable conditions to light.

The federal government will get a chance to respond to Anaya's findings before a final report is circulated and presented next year to the UN Human Rights Council.

THE CANADIAN PRESS

Antarctica. Recovery uncertain for frozen remains of 3 Canadians

The frozen remains of three Canadians have been in the wreckage of a plane, partially buried in snow and stuck on the side of one of the highest mountains in Antarctica, for nine months.

The summer season is starting at the bottom of the world, and that was supposed to mean a mission to recover the bodies of the men could begin. But now there is confusion about who should co-ordinate the retrieval and it is unclear when, or even if, it will happen.

Judge Neil MacLean, the chief coroner of New Zealand, headed an inquest into the plane crash in June and,

Quoted

"It's almost a bit like if it happened in outer space, that there's no clear lines of authority."

Judge Neil MacLean, chief coroner of N.Z.

although no one has actually seen the bodies, the judge ruled the three men must have died in the crash. He formally registered the deaths of 55-year-old Bob Heath, of Inuvik, N.W.T., 36-year-old Perry Andersen, of Collingwood, Ont., and 25-year-old Mike Denton of Calgary.

THE CANADIAN PRESS



The wreckage from a Canadian plane that crashed in Antarctica on Jan. 23, killing three Canadians. DREW COLEMAN/THE CANADIAN PRESS

Canadians freed from Cairo jail

Unexpected release.

Tarek Loubani and John Greyson awaiting papers to come home, as more violence erupts across Egypt

The two Canadians released from a jail in Cairo early Sunday are recuperating in a hotel after their painful collision with the upheaval in Egypt.

Tarek Loubani, an emergency-room doctor from London, Ont., and Toronto filmmaker John Greyson are "resting and getting acclimated" to their unexpected freedom while waiting for travel documents to come home after their seven-week ordeal, said Greyson's sister.

Cecilia Greyson, who was in Toronto on Sunday to get ready for their eventual return, said no travel plans have yet been made and that the two men were "getting back to eating solid food slowly, under a doctor's supervision."

They had staged a hunger strike toward the end of their detention, living on juice and water for two weeks.

However, The Associated Press reported Sunday that the pair were prevented from flying out of Cairo after their names appeared on a "stop-list" issued by prosecutors; the news agency attributed the information to airport officials.

According to the news agency, the two men had checked in for a flight to Frankfurt, Germany, but



John Greyson, left, and Tarek Loubani. THE ASSOCIATED PRESS



were prevented from boarding the plane. They retrieved their luggage and were free to leave the airport.

Prime Minister Stephen Harper said in a statement that his government "has obviously been pushing for (their release) and welcomes this decision by the government of Egypt."

Loubani's brother Mohammed said that Tarek and Greyson are "OK, but they have been through a lot."

They were arrested Aug. 16 during a day of bloody clashes between security forces and

supporters of the Muslim Brotherhood.

By coincidence, their release Sunday came as similarly bloody clashes broke again across Egypt, with at least 50 people reported killed by nightfall.

During their 49 days in detention, they were slapped, beaten, ridiculed, "hot-boxed," kicked and accused of being foreign mercenaries, according to a statement smuggled from the jail and published last weekend.

Mohammed Loubani said an aide to the Egyptian Interior

Minister visited them shortly before their release and spoke of "misunderstandings."

He told the Star that the abrupt release had taken the Canadians by surprise, in the middle of the night.

"They just came to their cell and said, 'Come with us.' They had no idea what was happening until they arrived at the police station. They were stunned."

In the past week, petitions calling for Greyson and Loubani's release had grown to 150,000, said Cecilia Greyson.

TORSTAR NEWS SERVICE

Kidnapping

Convict faces dangerous offender hearing

Convicted sex offender Randal Hopley said at a sentencing hearing last year that he abducted a three-year-old from his home in an effort to get back at the justice system.

On Monday, the Crown plans to argue Hopley should never get that chance.

It was a kidnapping case that bordered on the miraculous when, two years

ago, little Kienan Hebert was returned unharmed to his home just as mysteriously as he had disappeared several days earlier in September 2011.

A massive manhunt for the child's abductor ensued and several days later, Mounties arrested 47-year-old Hopley near the B.C.-Alberta border.

Hopley has consistently insisted that he never harmed the boy. He has a criminal history, including a sexual assault on a five-year-old boy in 1985 and an attempted abduction in 2007.

THE CANADIAN PRESS

Riots

Sudan latest Arab nation to feel heat from the street

In recent times Sudan has gone through two major civil wars, the loss of its rebellious southern oil region, and the indictment of its president for war crimes. Now, with its economy in disarray, it's the latest Arab country to be feeling heat from the street.

The crunch came with the government's elimination of the subsidies that

had long sustained cheap prices for fuel and other basic needs. The near-doubling of prices that resulted set off a week of rioting beginning Sept. 22, in which at least 50 protesters are estimated to have died.

The government is overloaded with debt — estimated by the International Monetary Fund at \$46 billion in 2013 — and unable to borrow from international lenders. Inflation has reached nearly 50 per cent in 2013, with the Sudanese pound weakening and foreign reserves down to 1.2 billion dollars. THE ASSOCIATED PRESS

PQ asks Russia to give clemency to activists

Quebec is wading into international waters, calling for clemency from the Russian government in the case of Greenpeace activists arrested during a protest last month.

Jean-Francois Lisee, the Parti Québécois government's minister of international relations, is asking for clemency in the case of a Quebec resident held in Russian prison.

The crew of the seized Greenpeace ship Arctic Sunrise includes Alexandre Paul of Montreal and Paul Ruzicky of Port Colborne, Ont. They could each face a 15-year prison term on charges of piracy.

Lisee said he's been in contact with Canada's consular services and is putting pressure on the federal government to do more.

Piracy charges 'absurd': Greenpeace

Russia seized Arctic Sunrise after a Sept. 18 protest at a Gazprom oil drilling platform located in the Arctic circle, charging all 30 on the boat with piracy.

- Alexandre Paul's mother has urged the federal government to get more involved in the case.
- Nicole Paul said she found the charges against her

35-year-old son excessive, given that his goal was to raise awareness about environmental issues.

- Greenpeace denies any wrongdoing and describes the charges as absurd.
- On Saturday protests were held in a handful of Canadian cities as part of a day of action against the arrests.

He said he's hoping to meet with Foreign Affairs Minister John Baird in the coming days. "The legality of the arrest is questionable, and especially the charge of piracy, which carries a possibility of 15 years in prison, is clearly exagger-

ated," Lisee said in a speech late Saturday at a Montreal vigil.

Russia seized Arctic Sunrise after a protest at an oil drilling platform located in the Arctic circle, charging all 30 on board with piracy.

THE CANADIAN PRESS

Not so funny, actually

Culprit dubbed 'poopetrator' at a Yale college

Yale University hopes to solve a case of whodungit by identifying the stinker who has been soiling students' laundry by sticking human feces inside clothes dryers.

The culprit is being blamed for at least four incidents in the past month in the laundry room at Saybrook College.

THE ASSOCIATED PRESS

Youthful adventurer

Nine-year-old stowaway flies to Vegas, no ticket

A nine-year-old Minneapolis boy was able to get through security and onto a plane at the Minneapolis-St. Paul International Airport without a ticket, an airport spokesman said Sunday.

Security screened the boy at the airport shortly after 10:30 a.m. Thursday, airport spokesman Patrick Hogan said. The boy then boarded a Delta flight that left for Las Vegas at 11:15 a.m.

The flight crew became suspicious and contacted police. THE ASSOCIATED PRESS



Relay to Sochi underway

Russian President Vladimir Putin smiles while ceremonially lighting the Olympic flame with a torch at Moscow's Red Square on Sunday. The four-month relay to Sochi for the Winter Games got off to a rocky start Sunday when one of the torches went out. The glitch occurred when a torch bearer ran through a long passageway leading into the Kremlin, which apparently created a wind tunnel, extinguishing the flame. A man standing along the route pulled out a lighter and the flame leaped back to life. Apparently the problem was that the valve on the torch was not fully open. IVAN SEKRETAREV/THE ASSOCIATED PRESS

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Italy looks to Europe for solutions as migrant bodies pulled from sea

Lampedusa tragedy.

Tens of thousands of migrants from Africa and the Middle East arrive each year seeking refugee status

European partners

"The Mediterranean cannot remain a huge cemetery under the open skies."

French Foreign Minister Laurent Fabius

An Italian government minister born in Africa watched wordlessly Sunday as soldiers wearing face masks carried body bags containing migrants from her continent who perished when a fishing boat transporting 500 asylum seekers from Eritrea sank within sight of the tiny island of Lampedusa.

Divers recovered 70 more bodies after seas calmed enough to resume search operations after a two-day suspension, increasing the death toll to at least 181. More than 150 others are presumed to be missing, trapped in the wreckage

about 50 metres below the surface.

Italy has been receiving signs of solidarity from its European partners. French Foreign Minister Laurent Fabius said Europe must act to stem the migrant tragedy, adding that France and Italy have asked the subject be placed on the agenda of Tuesday's EU interior ministers' meeting.

The fishing boat carrying the migrants sank Thursday after passengers, panicked by flames set to draw attention, bolted to one side of the boat, capsizing it. **THE ASSOCIATED PRESS**



Italian and Eritrean migrant boys play football on Sunday where boats formerly used by immigrants arriving in Lampedusa, Italy, lie disused. The search for bodies continues off the Italian coast as the death toll of African migrants is expected to reach more than 300 people. TULLIO M. PUGLIA/GETTY IMAGES

U.S. debt limit hike

Boehner says no

The United States moved closer to the possibility of the first-ever default on the government's debt Sunday as Speaker John Boehner adamantly ruled out a House vote on a straightforward bill to boost the borrowing authority without concessions from President Barack Obama.

Treasury Secretary Jack Lew called on lawmakers to quickly pass legislation reopening the government and a measure increasing the nation's \$16.7-trillion debt limit. **THE ASSOCIATED PRESS**

Doctor's orders

President of Argentina to rest after brain injury

Doctors prescribed Argentinian President Cristina Fernandez a month's rest after finding blood on her brain from a head injury.

Leaving the campaign trail just three weeks before nationwide elections could prove politically risky. **THE ASSOCIATED PRESS**

At least 8 killed. Monster truck plows into crowd



Spectators run from a monster truck as it plows through a crowd at a Mexican air show in Chihuahua, Mexico on Saturday. **THE ASSOCIATED PRESS**

An out-of-control monster truck shot into a crowd of spectators at a Mexican air show, killing at least eight people and hurting 80 others, dozens seriously, officials said.

Carlos Gonzalez, spokesman for the Chihuahua state prosecutors' office, said the driver appeared to have lost control of the truck after leaping over a pile of cars it was crushing during a demonstration at the "Extreme Aeroshow" on Saturday.

Some witnesses said the driver appeared to have hit his head on the interior of the truck as he drove over the old cars, with at least two reporting seeing his helmet

come off before the massive vehicle drove into the crowd of terrified spectators, who tried to flee.

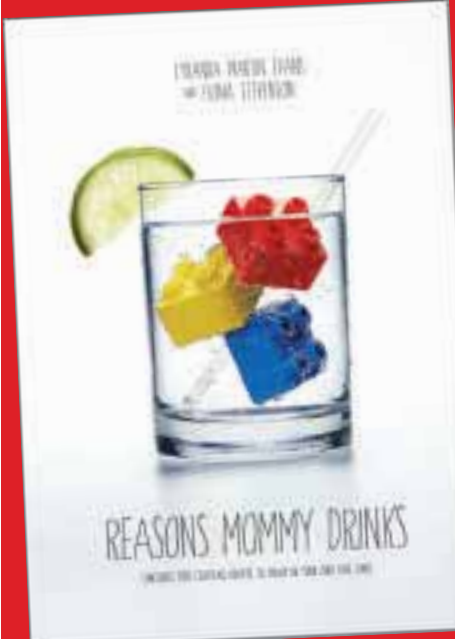
"I fell over, and when I turned around I saw the tire very close. It hit me and threw me to the other side," Jesus Manuel Ibarra, 41, said as he was treated for injuries to his arm and hip.

Spectator Daniel Dominguez, 18, said he was happily watching the show with a group of relatives when the truck came down hard in the middle of the cars.

His 11-year-old sister was in surgery for injuries to her legs, and his mother was treated for minor contusions. **THE ASSOCIATED PRESS**

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Give location, get a bargain?



Aidan Nguyen poses for a photograph using his smartphone app in Toronto. Rogers has launched a service where its customers can sign up and get texts with deals when they're near a participating business. NATHAN DENETTE/THE CANADIAN PRESS

Rogers. Customers are sharing their location with the company in exchange for deals

When Aidan Nguyen was visiting Chicago last month he got 25 per cent off a meal simply by using the app Foursquare to "check-in" at a restaurant on his smartphone.

The self-described shopaholic said he's always looking for a good deal when he's out and often posts his location on his social networks.

Available for years in the United States and England,

What's next, mind meld?

"What geotargeting is starting to get is context. Where you are matters, but what marketers really want is intent."

Grant Packard, a professor at the School of Business and Economics at Wilfrid Laurier University, on the pluses and minuses of location-based marketing.

location-based mobile marketing is moving into Canada. This month, customers with Rogers Communications can sign up for text messages that will alert them to deals when they are near specific

retailers.

Nguyen said he's willing to share his location in return for a deal.

"When you're walking around, then why not?" asked the 24-year-old Toronto public relations consultant. "If the offer is fitting for what I'm looking for, and it's a good promotion, I'll check it out."

Rogers said a few thousand people have already signed up for the option, which offers discounts at six retailers, including Rogers Wireless, Sears Canada, A&W Restaurants, The Second Cup Ltd., Future Shop and Pizza Hut.

THE CANADIAN PRESS

New tack. Grocers aim for healthy bottom line by offering healthier options

After years of relentless price wars, Canadian supermarket chains are experimenting with fresh ideas to fend off a new competitive threat, food stores for the health conscious.

While U.S. retailers like Target and Walmart have grabbed much of the attention in Canada, another battle is being waged in the produce section, one of the few bastions of the food industry that hasn't been reduced to rock-bottom prices to attract customers.

"It's a very competitive market, no question about it," Sobeys president and CEO Marc

Tit for tat

- Sobeys has launched a partnership with British celebrity chef Jamie Oliver designed to encourage Canadians to eat healthier.
- Loblaw is following a similar approach with the launch of Nutshell Live Life Well, a health food test store that will open in downtown Toronto.

Poulin said. THE CANADIAN PRESS

Malaysia's oil and gas co.

Harper greeted by \$36B investment boost by Petronas

Prime Minister Stephen Harper arrived in Bali for an Asia-Pacific leaders' summit Sunday bearing what could be called a \$36-billion vote of confidence from Malaysia's state-owned oil and gas company.

Malaysia's prime minister said the country's state-owned oil and gas company Petronas has committed to construction of a liquid natural gas plant in British Columbia and the pipeline to feed it. THE CANADIAN PRESS

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WHEN THERE'S AN OFFENDER AMONG US

West-central Saskatchewan has been in an uproar this past week over the appearance of a tracking bracelet and the disappearance of the convicted sex offender it previously belonged to, Michael Sean Stanley.

Police have been circulating a photograph of Stanley, asking people to report sightings and to not approach him directly. Despite numerous reports, law-enforcement officials have not been able to confirm any of the sightings of Stanley around the Kindersley/Rosetown area. Schools and parents in the area have been on high alert, with outdoor events, including recess, being cancelled. As of the time of writing, his whereabouts are unknown.

Stanley has had a long history with the law — his 2006 conviction of unlawful confinement and assault for the luring of two mentally impaired Edmonton boys is his 47th and 48th conviction, respectively.

Many people have been asking why a person with Stanley's rap sheet was allowed to roam "free," albeit with conditions, in the first place. Prior to the 2006 conviction, Stanley also served nine



URBAN COMPASS
Hilary Nelson
saskatoon@metronews.ca

years for the rape of an elderly woman in a wheelchair.

In sentencing Stanley to 32 months for the unlawful confinement and assault of the two boys, the judge stated that Stanley did not seem remorseful, was likely to reoffend, and needed to be separated from society. If he was classified as a "dangerous offender," Stanley would be eligible for indeterminate detention; but he is not, so far as I can find out; therefore regular sentencing limits apply.

On paper, Stanley seems like the classic bogeyman parents lie awake worrying about, the "stranger" in the phrase "stranger danger." Thankfully, sex offenders of Stanley's calibre are rare. Unfortunately, budget cuts at correctional facilities, as well as overcrowding, put programs that have been proven to reduce recidivism at risk.

At times like these, the idea of a public sex-offender registry gains traction among subsections of the populace wishing to reduce or prevent offences. The U.S. has had public registries for years; these have resulted in increased vigilantism and hampered

the efforts of convicted offenders to rehabilitate and reintegrate into society. It also lends a false sense of security, as people assume that all offenders have been apprehended and are on the registry. In Canada, while we do have a national sex-offender registry, it is for police use only.

It is a delicate balance, to manage the safety of a community, the concerns of the public, and the rehabilitation of those that have broken the laws of society. It is also difficult to remain calm and rational while so much is known of the offender's history and so little of their whereabouts, but we must not devolve into panic.

I want to emphasize that this "bogeyman-on-the-loose" situation is rare. One of the best tools we have is awareness, as Kindersley, Rosetown and Lloydminster are reminded this past week. However, it's not just obvious situations we need to be aware of. According to the Government of Saskatchewan's advice to citizens on how to protect themselves, 60 per cent of boys and 80 per cent of girls are assaulted by a person that is known to themselves or their families. Most offenders groom the families and their victims, offering gifts and assistance.

It's important to create supportive environments where vulnerable individuals such as children feel comfortable recognizing, avoiding, and reporting situations.

ZOOM

Pass a thousand tonnes of salt



DIMITRI MESSINIS/THE ASSOCIATED PRESS

Abundance of salt in Greece is protected

Salt is collected at a production site in Messolonghi, western Greece. Salt lakes at Messolonghi are used for production by solar evaporation. The facilities are the largest salt works in Greece, and are located at a protected wetland complex of estuaries and lagoons. **THE ASSOCIATED PRESS**

In good taste

110,000

The Messolonghi production sites produce 110,000 tonnes of salt per year, which is enough to meet 40 per cent of Greece's needs.

Many European salt marshes have become exposed to industrial and agricultural pollutants, including pesticides and heavy metals. As a result, many of the marshes are protected under the EU's Habitats and Birds Directives.



Wheel traces are seen on a salt lake. DIMITRI MESSINIS/THE ASSOCIATED PRESS



WE ACT: CANADA DOES GOOD

Young environmentalist stirs change in Calgary

Canadians across the nation are up to a whole lot of good. Here's one we'd like you to meet.

Who: Cassidy Robertson, 18, environmental go-to girl, (pictured on the left).

Where: Calgary, Alta.

What: Founded club.one, twenty, dedicated to making 120 community improvements and co-founded a local recycling plant.

Why: To reduce our ecological footprint by encouraging others to recycle, buy locally and respect nature.

What inspired you to get started? "I realized a lot of my peers didn't realize they could make a change. Our club has brought recycling bins into our school, cleaned up litter, and promoted Fresh Face Fridays, a day to empower young girls to come to school without makeup. As an advocacy campaign, I made my grad dress out of pop

tabs and have hosted a workshop on conscious consumerism — bringing awareness to consumers and showing them how to make their own deodorant."

Do you have any advice for people passionate about an issue? "I would tell them to just jump in. If they are passionate about the environment they should volunteer at environmental organizations. You can learn a lot of things if you want to — I did that through volunteering."

What are your plans for the future? "Since graduation, I have co-founded Half Full Recycling Plant, where we turn plastic bottles into plastic pellets to get melted down into new plastic. I will also continue working as a youth co-ordinator at Empowering Minds, helping young people plan and execute their own projects and become leaders."

WE WANT TO HEAR FROM YOU: Send us your comments: saskatoonletters@metronews.ca

Warning! This has spoilers!

Entertainment etiquette. Do we have to censor ourselves for the slowpokes who haven't finished watching shows yet?

Rosebud is a sled.

So goes the ending of the 1941 Orson Welles classic *Citizen Kane*, spoilers be damned!

Revealing secret endings and plot twists has brought on wrath since the dawn of cinema, straight through VCRs to today's DVR-fuelled delays that led to much nail-biting over *The Ending That Shall Not Be Spoiled* on *Breaking Bad*.

But exactly what is the magic formula for spoiler grace? When do calls of SPOILER ALERT (insert index fingers in the ears here) expire so we can, maybe, not feel so constipated when discussing our favourite fare in real time?

Does the 13-episode Netflix dump of *Orange Is the New Black* in July equal two months of polite spoiler-free behaviour? Are bets off when a show concludes, or does that depend on how many seasons late adopters would have to slowly, slowly slog through — say *Dexter*'s eight to *Breaking Bad*'s five?

Or is it up to the unspoiled viewer to avoid social media or catch up? Get it done, people!

"I think asking people not to spoil for some reasonable amount of time is fine, although anyone who actually takes it seriously, i.e., gets mad or upset in the event someone does, is



What's a viewer to do when shows like *Orange Is the New Black* dump all their episodes at once? CONTRIBUTED

an idiot," said technology analyst Melanie Turek in Steamboat Springs, Colo.

"But that 'reasonable' amount of time is, in my mind, about 48 hours after a live broadcast," she explained. "And once a series is off the air and the hype has died down, asking people not to spoil is just silly."

Others think keeping some things quiet — or at least warning our Facebook friends about potential

spoilers — is what 21st-century etiquette might advise. At least that's what the ragers who decry spoilers on social media hope for.

Marketer Kim Puckett in Indianapolis thinks "we're all social-media-level entertainment reviewers now" so should respect our written-word audiences on newsfeeds like Twitter or in status updates on Facebook that aren't easy to escape.

"Unfortunately, specific status updates on key plot

Too much censorship?

Has the quality of conversation been damaged by the call for spoiler-free discourse?

- "What we've lost is the ability to step back and assess what we've just seen," said Danny Glover, who is in marketing and pays close attention to social media. "I think overall the live conversation is valuable."

- Judith Martin, who writes the *Miss Manners* columns and books, also believes the burden falls mostly on the person holding out for the surprise. "But if the story is really good, it shouldn't make that much difference," she said. "I still enjoy re-reading *Moby-Dick* and *The Golden Bowl*, even though I know perfectly well what is going to happen."

points might be banned forever," she said.

But in other contexts, Puckett said, "as soon as the show ends, office and social talk should be allowed about the show."

"How can we enjoy shows at a social level if we're always worried that someone is still on season one of *The Killing* or halfway through *Sons of Anarchy*?"

Justice is on the side of those who want to blab on Twitter or Facebook, according to Paul Levinson, a professor of communications and media studies at Fordham University and author of the book *New New Media*.

The idea that "people have a right to be free of spoilers is absurd, and it's an absurd misuse of the term 'right,'" he said.

"You have a right to communicate," Levinson assured. "I don't think anyone is entitled to that kind of grace. If you feel like writing something you're entitled to write it as long it's not slanderous or libelous or breaking the law in some way. Why anyone would get into a rage about entertain-

ment is beyond me."

He harkened back to buzz over *The Crying Game* and *Dil's* reveal as a transgender woman, along with *The Sixth Sense* and the Bruce Willis character being dead. And there was grumbling over spoiling the purgatory at the end of *Lost*, at a time when social media was well on its way to engulfing us, he said.

"If the ending is really atrocious, like *Lost*, then you're probably doing people a favour by letting them know," Levinson said.

Etiquette expert Lizzie Post of the Emily Post Institute sees no value in people "posting a million times, 'Don't spoil anything for me, don't spoil anything for me.'"

Walk away from Facebook, shut down Twitter if you have to, she said.

"If you're not living in the current season you have no claim. It's fine if you have a friend who's really into it and you want to say, 'Don't spoil it for me.' But you can't ask the world around you to completely bend."

THE ASSOCIATED PRESS

2 SCENE

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Sinead O'Connor. ALL IMAGES GETTY

O'Connor switches focus to Cowell and laments the 'murder of rock 'n' roll'

Sinead O'Connor appears to be moving on from Miley Cyrus — to Simon Cowell. "I feel sorry for the murder of music and rock 'n' roll, which has happened because of the industry, because of Simon Cowell, Louis Walsh. It all amounts to the murder of music," she said in an interview with Ireland's Late Late Show recently.

"The power of rock 'n' roll to change things, to move people, is being murdered by all this worship of fame — Pop Idol, X Factor, all this stuff. What I'm worried about is it's all about the visual, the pyrotechnics, the tits out, shake your ass. It's not about the song. That to me is quite sad."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop Goes The Week

It's wall good for Bieber in China and Lohan has parents banned

STARGAZING
Malene Arpe
scene@metronews.ca

While visiting China this week, Justin Bieber got carried up the Great Wall by his bodyguards. Before you get super-upset and start calling him an entitled brat, let's all remember that at least it's not as bad as the time when he made his entourage put him on a box so that he'd appear tall enough to ride the roller-coaster.

Michael Lohan and Dina Lohan are banned from the set of daughter Lindsay



Lohan's reality show. That's a fantastic idea and it proves that Oprah's OWN really is in the business of caring. Except about ratings.

A sad week for science. A) Breaking Bad is over forever. B) Due to the U.S. government shut-down, most of NASA's activities are brought to a halt. C) Bill Nye is voted off Dancing with the Stars. D) Cher insists that ex-husband Sonny's ghost visits her and occasionally pulls a prank on her.

Doing it at eight will make you great, boasts Brown

Chris Brown claims that he lost his virginity at the tender age of eight with a girl who was 14 or 15. "It's different in the country," he tells the Guardian. "By that point, we were already kind of like hot to trot, you know what I'm saying? Like, girls, we weren't afraid to talk to them. I wasn't afraid. So at eight, being able to do it, it kind of



Chris Brown

preps you for the long run, so you can be a beast at it. You can be the best at it."



Twitter



@lenadunham

Started calling things "gaymazing" as a joke but pretty soon I was saying gaymazing all the time. I have no room for irony in my life.



@TheRealRosanne

the armageddonites are now trying to trick us all into believing that aliens are on the way.



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PHOTO CHALLENGE

In collaboration with

metrophotochallenge.com

Hotel lunch

Put the iron to use

Travelling with your family? Here's a nutritious and inexpensive lunch that you can prepare in your hotel room.

Buy one roll of tin foil, some sliced, whole wheat bread, two green apples, and a package of sliced cheese. Layer cheese and apple slices between two

slices of bread and wrap each sandwich in tin foil.

The secret ingredient is the iron in your hotel room!

Press the heated iron on each sandwich for one minute and unwrap. Presto! Fabulous grilled cheese sandwiches for a fraction of what you'd spend in a restaurant. **EVELYN HANNON/YUMMYMUMMYCLUB.CA**

An apple a day

Rubber band trick

Sending an apple in your children's lunch boxes but want the slices to stay fresh and un-browned?

Simply cut an apple into sections, re-assemble it back into a "whole" apple again, and use an elastic band to keep the whole thing together. It's like it had

never been cut—and there are no exposed parts to turn brown.

Brilliant and healthy!

LEAH LEITCH/YUMMYMUMMYCLUB.CA



Exclusively online



Mommy lives in fear of the common cold. Find out why with exclusive Metro content from Lyraanda Martin Evans and Fiona Stevenson, authors of the bestselling book *Reasons Mommy Drinks*, at metronews.ca/voices. Join the laughs on Twitter @mommyreasons



Mr. Sandman, bring my teen a dream — a nine-hour one

Tips. Help your teen have sweet dreams

ANDREA NAIR

yummymummyclub.ca

When parents bring teenagers to me for psychotherapy, one of the first things I ask about during the initial interview is the amount and quality of their sleep. I do this because I have learned that the majority of the teens I see are chronically sleep deprived, and this compromised state is wreaking havoc on their emotional stability, behaviour, patience and ability to focus. Their relationships, school marks, and health are suffering. Toddlers aren't the only ones who get cranky when tired.

Recent studies identified that teens are sleeping fewer hours as compared to 20 years ago, and showed that 60 per cent of teens will keep their cellphones in their rooms and respond to a text a night.

What does this mean for parents? It is critical that we be the keepers of our teens' sleep.

Here are four suggestions



Create a good sleep environment so your teen is getting enough rest. ISTOCK

to help your teen sleep better:

Consistent sleep routine

Sleep routines are not just for little ones. Having regular lights-out and get-up times helps with good sleep hygiene.

Peaceful sleep environment

Consider things you can do to foster a good sleep space. Have the temperature in the home lower at night, re-

move as much clutter from the sleeping space as you can, keep the lights low and noise off. Many families find having white-noise machines in the hallways do help improve sleep.

Remove and turn off all mobile devices at night

Establish a time when all members of the family will turn their mobile devices off (studies suggest at least

an hour before bedtime is optimal) and remove them from the bedroom. In the case where a cellphone has to be kept on as an emergency contact source, put the phone as far away from the bed as you can. Some families have a "device bin" where all mobile electronics get placed at night for safekeeping. Another suggestion is to have all the devices in a central area like the kitchen,

Sleep quiz

- How many hours of sleep do teens need to function properly and for good health? Answer: 9
- What is the number of hours of sleep most teens actually get? Answer: 7
- Why are most teens sleep deprived? They have mobile devices/laptops and computers in their rooms overnight.

plugged in and recharging. Turn off the Internet connection at night. Many new devices like iPods do have messaging functions, and teens will chat with their friends through wi-fi/wired Internet even if they don't have 3G/4G capabilities on the device.

Be the exhaustion police

Many teens have very little down time between classes, sports, activities, friends, and homework. Talk to your teen about his or her schedule and make sure there is space for rest and fun. **YUMMYMUMMYCLUB.CA IS AN ONLINE RESOURCE THAT HELPS BUSY WOMEN SURVIVE MOTHERHOOD**



Moms can't resist that baby-fresh scent. GETTY

Baby, you smell better than steak

Oh, the smell. How I miss that newborn freshness, so delicious and intoxicating.

Our baby is still yummy, of course (the oodles of photos in which I appear to be nibbling on him is certainly evidence of that). However, a recent study out of Germany has found that when moms inhale a newborn's scent, they may get the

same satisfaction that a hungry person experiences from having their appetite satiated.

Yes, similar to the effects of enjoying a great steak, the study found that the reward centre of a mom's brain is ignited when she gets a whiff of a newborn baby.

"What we have shown for the first time is that the odour

of newborns ... activates the neurological reward circuit in mothers.

"These circuits may especially be activated when you eat while being very hungry, but also in a craving addict receiving his drug," said Johannes Frasnelli, a psychology researcher at the University of Montreal, said in a statement.

"It is in fact the sating of desire."

So ladies, if you've ever wondered why you have the sudden urge to gobble up your little bundle of joy — those irresistibly squishy legs and arms — well it may just be because they smell so darn good.

**TANYA ENBERG/
YUMMYMUMMYCLUB.CA**

3 TIPS

Healthy eating

Choose it and lose it

You know when you get that mid-day craving for a snack? Be careful what sweet treat you reach for because you may be biting into high calories and lots of fat.



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Starbucks Outrageous Oatmeal

360 calories / 15 g fat
Oatmeal in cookies is rarely healthy. Sugar and butter make up most of this cookie.



Equivalent

One Starbucks Outrageous Oatmeal cookie is equal in fat to eight low-fat vanilla yogurts with berries.



Bubbies Cinnamon Crunch Biscotti

170 calories / 1 g fat
This delicious cinnamon biscotti is made with little fat and sugar and is a nutritionally better treat.



Put a pep in your step and some peppers in your oven

ROSE REISMAN
for more, visit
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1. Preheat oven to 375 F. Line baking sheet with foil; lightly coat with cooking spray.

Ingredients

- 2 cups beef (or chicken) stock
- 1/2 cup brown rice
- 2 tsp vegetable oil
- 1 cup diced onion
- 1 cup canned corn, drained
- 1/2 lb lean ground beef
- 1 1/2 cups canned red kidney beans, drained and rinsed
- 1 1/2 tsp chili powder
- 1/2 each tsp dried basil and ground cumin
- pinch of salt and pepper
- 1/2 cup medium salsa
- 3/4 cup shredded aged cheddar cheese
- 1/3 cup low-fat sour cream
- 1/3 cup chopped parsley
- 4 medium bell peppers



This recipe serves four. ROSE REISMAN

2. In saucepan, bring stock and rice to boil. Reduce heat to low, then cover and simmer 25 minutes or until the rice is tender. Drain any excess stock.

3. Lightly coat saucepan with cooking spray, add oil and set over medium-high heat. Add onion and sauté 3 minutes. Add corn and sauté another 5 minutes or until corn starts to brown. Add ground beef and sauté until no longer pink, about 3 minutes.

4. Add cooked rice, beans, chili powder, basil, cumin, salt, pepper and salsa and cook for 1 minute. Remove from heat and add 1/2 cup of cheese, along with sour cream and parsley.

5. Carefully remove and discard the top from each of the peppers. Remove the ribs and seeds and discard. Place the peppers on the baking sheet and fill them with the beef stuffing. Bake for 25 minutes.

6. Sprinkle with remaining cheese. Bake 2 minutes or just until the cheese melts.

Correction

Thursday's Metro contained ingredient errors in the Sweet Potato Mac and Cheese recipe. The recipe calls for 1/4 cup (60 ml) butter and 1/2 cup (125 ml) grated Parmesan cheese.

Turkey and Corn Chili with Sweet White Miso



This recipe serves eight. MATTHEW MEAD/ THE ASSOCIATED PRESS

Cultural mash-up chili

A robust chili that's on the table in just 30 minutes? Thanks to a blending of Hispanic and Asian flavours, it's easy.

Start with the base of an average turkey chili — some onions, jalapenos, garlic, ground turkey and white beans. Nothing unexpected there. But all those basics get a serious flavour boost from an unexpected ingredient — sweet white miso. It's the same stuff used in the soup you slurp at the sushi bar.

Miso is an underappreciated ingredient. It effortlessly amps the savoury-salty flavour of anything it touches, particularly in wet rubs and other sauces for meat. In this recipe, it

replicates in just minutes a depth of flavour you'd normally need a long simmer to attain.

And don't be put off by the "sweet" in the name. Sweet white miso isn't really sweet, just milder than darker miso.

The chili is finished with corn kernels cut from the cob and just barely heated, preserving their fresh flavour and texture. To tie everything together, you'll need some cilantro and lime juice.

1. In a large saucepan over medium-high, heat the oil. Add the onion, chilies, garlic and cumin, then sauté until the onion is just start-

ing to brown, about 8 minutes. Add the turkey and sauté, breaking up any large clumps, until browned, about 10 to 12 minutes. Add the kidney beans, chicken broth and miso. Bring to a simmer, stirring often to dissolve the miso, then cook for 5 minutes.

2. Meanwhile, one at a time stand each ear of corn on its wide end. Use a serrated knife to saw down the length of the cob to remove the corn kernels. Add the corn to the chili, then return to a simmer and cook for another 5 minutes. Season with salt and pepper. Serve with lime wedges and cilantro. **THE ASSOCIATED PRESS**

Ingredients

- 2 tbsp canola oil
- 1 large yellow onion, diced
- 1 to 2 jalapeno chilies, finely chopped (for less heat, discard the inner ribs and seeds)
- 4 cloves garlic, minced
- 1 tsp ground cumin
- 2 1/2 lbs (40 oz) lean ground turkey
- 15-oz can white kidney or navy beans, drained
- 1 quart low-sodium chicken broth
- 1/2 cup sweet white miso
- 6 ears corn, husks and silk removed (or 3 cups frozen corn kernels, thawed)
- Salt and ground black pepper
- 2 limes, cut into wedges, to serve
- Chopped fresh cilantro, to serve



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Celebs return to class to keep dropouts in school

Television. A six-part show brings boldface names such as Suze Orman, Oliver Stone and Swizz Beatz in to teach at-risk students

ALISON BOWEN
Metro World News in New York

Students are starting a new school year, and one of educators' biggest challenges is keeping them there — and hopefully funnelling them toward college.

A new documentary series, the Sundance Channel's Dream School, highlights what is being called a dropout crisis. The six-part series premieres Monday night and follows students as they learn from an array of celebrities, from musician and producer Swizz Beatz to financial guru Suze Orman and director Oliver Stone.

The 15 Los Angeles students, all ages 17 to 18 — a pivotal age at which students traditionally decide to drop out or stay in school — were either expelled or had dropped out, and each professor tries to spark their interest.

We spoke with Steven Keller, a California superintendent involved with the series, about how the students reacted to their unusual educational

Signs to look for

What are some of the symptoms of someone who might be at risk of dropping out?

- "A lot of people look at traditional data," says Stephen Keller, a California school superintendent involved with Dream School. "On the other hand, we look at other factors. We look into attendance. We actually look at social emotional assessment with kids, to find out how engaged they are at school. ... Those indicators tell you a lot."

atmosphere.

What are some of the challenges of keeping kids in school?

First of all, family engagement. Moms, dads, uncles, aunts, grandmothers, grandfathers need to hunker down with their family members and engage their family members. As a family and as a country, we need to take ownership of each and every kid to really push them and motivate them to get to school each day and check in on them when they get home from school, make sure they have some accountability when the kids get



Swizz Beatz works with at-risk students in Dream School, a new Sundance Channel documentary series. JC DHEIN/SUNDANCE CHANNEL

home, whether a potential dropout or not.

The second piece, of course, is funding. There needs to be more funding specifically for kids that are earmarked as potential dropouts. We as educators need to look at restructuring and reforming how we serve this population. And then the last piece is, we as educators need to assess what works and what doesn't work and adjust and make changes and reflect on our practice.

Did anything surprise you in making this documentary?

I think the celebrity teachers

genuinely wanted to connect with the kids. All of them really do. They were nervous, even scared. They would constantly ask for feedback. I'm not saying they all performed brilliantly, I'm just saying they all took their craft seriously. ... No one showed up thinking they were going to wing it.

What different types of styles did students respond to?

Suze Orman came in with business to make. She was ready to go, she was not going to play any games. You'll have to see. The students clearly respond to that style.

'Round the world wisdom

Facing adversity? Invent a purpose

The severe market crash of October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June 2009, followed by the Atacama Crossing in Chile in 2010, and the Sahara Race in Egypt in 2011. In this post, I share a lesson about life, learned from the desert.



LESSONS FROM THE DESERT
Stefan Danis
life@metronews.ca

Signing up for a desert race was my way of creating a positive challenge for myself, one I could then use as a tool to tackle other obstacles. I was so determined to complete the desert race that I committed to raising \$25,000 for a charitable cause close to my heart. But as the long hours of a brutal training schedule took their toll, I felt prey to

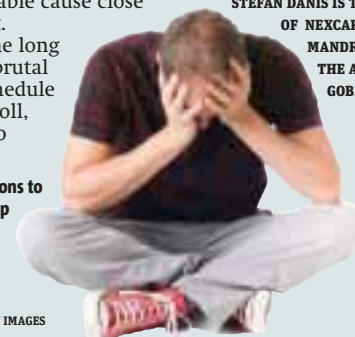
the law of diminishing intentions. With mounting pain that ultimately culminated in injury, I had to make countless visits to health-care practitioners. My resolve weakened. Seeing my goal slip away, I decided I had enough and called it quits.

The next day I received a large and unexpected sponsorship donation. It was like a slap in the face — and it reignited my commitment to the project.

Once in the desert, I started blogging to raise much-needed funds for the charity. The blog posts caused a sea of supportive emails from family, friends and strangers back home. Every time pain hit and I contemplated quitting, I focused on those emails and found the strength to continue on.

Having a cause helped tether my actions to a higher purpose. Like running, most of life's activities can be solitary; running for others is not. When you face adversity, invent a purpose and grow your own wings.

STEFAN DANIS IS THE CEO OF NEXCAREER AND MANDRAKE, AND THE AUTHOR OF GOBI RUNNER



Tying your actions to a cause can help keep you motivated when you encounter a discouraging situation. GETTY IMAGES

Want to learn a new language? Just turn on Skype and start chatting away

Skype has already revolutionized the way more than 50 million registered users communicate with faraway friends and family. Now, the web-based video-calling platform may be poised to overhaul foreign language education as well, eliminating barriers like location, money and time.

Ray Blakney started Live Lingua, one of the world's top Skype-based foreign language immersion schools, in 2008.

While learning Spanish through the immersion method in the Peace Corps in Mexico, Blakney came to understand the importance of practising conversation skills with native speakers — and Skype helps learners con-

Quoted

"It's amazingly similar to a one-on-one class."

Ray Blakney, founder of Live Lingua

nect with such speakers.

"It really feels like you're sitting there talking to these people," he says. "You don't have to sacrifice that much."

Live Lingua offers several languages and dialects, and most students are taught spoken communication. Instructors can diagnose their needs as they go. Most students start with at least some spoken proficiency — including Blakney himself, who is brushing up his rusty Turkish with Live Lingua.

For students whose focus is more on grammar, reading or writing, Skype coursework does have its limitations. Joseph Miranda, founder of NoteFull, started his company to prepare students for the TOEFL exam. TOEFL is an

advanced English proficiency test required for non-native speakers to study or practise in the U.S. NoteFull uses Skype for tutoring sessions, but relies primarily on other web teaching materials.

NATALIE SHURE/METRO IN NEW YORK

Saskatoon-area barn Pelmac Stables is looking for a permanent, full-time

Horse Trainer and English jumping coach.

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Contact Diana for more information at 306-933-4615.

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The Hilltops' Chad Braun returns a punt in the first quarter at Gordie Howe Bowl on Sunday afternoon. SIMON HIATT/FOR METRO

Lalonde steamrolls Wildcats defence

Canadian Junior Football League.

Hilltops running back rushes for 220 yards, 3 TDs as team clinches top spot in conference



SIMON HIATT
saskatoon@metronews.ca

The Saskatoon Hilltops were far from perfect, but played well enough to beat the Edmonton Wildcats 29-20 and secure first place in the Prairie Football Conference.

Up 2-1, Saskatoon would

On Sunday

29

Hilltops

20

Wildcats

record the first major of the game as Matt Karpinka found Graham Unruh from 24 yards out.

Saskatoon put together a long drive midway through the second quarter that wrapped up with Andre Lalonde breaking through several tackles on his way to a 34-yard touchdown to increase the lead to 15-2. He

would finish the game with 220 yards on the ground to set a single-season team rushing record.

The Hilltops took advantage of an Edmonton miscue as they fell on a fumble, which eventually set up another Lalonde touchdown, this one from three yards out. The Wildcats added a last-second field goal to make the halftime score 22-5.

The Wildcats special teams played well, blocking a pair of Saskatoon field-goal attempts and Brad Quartel blocked a punt that set up a touchdown pass from Jordan Olson to Rick Lemoignan, which would account for the only points of the third quarter, making it 22-12 Saskatoon.

In the fourth it was Quartel

on the receiving end of a touchdown pass from Olson to bring the Wildcats within four as the convert was no good.

The steamroller known as Andre Lalonde had an answer, however, as he once again smashed his way through to the end zone, this time from 21 yards out. The Hilltops conceded a late safety to make the final 29-20.

"We did enough things today to be successful, but as we move forward, it's got to start with (the coaches) — we've got to coach this team better, and get this team back to the winning ways of smart, disciplined, physical football," Hilltops head coach Tom Sargeant said after the game.

CFL

Riders trade for league's sack leader in Hall

Defensive lineman Alex Hall was traded to Saskatchewan on Sunday, dramatically improving the Roughriders' pass rush.

Saskatchewan gets Hall and a 2014 second-round draft pick from the Winnipeg Blue Bombers in exchange for non-import offensive lineman Patrick Neufeld and a 2015 fourth-round pick.

The six-foot-six, 256-pound Hall leads the league with 15 sacks. He also has 31 defensive tackles in 13 regular-season games.

Last season, Hall was named an East Division all-star after registering 31 defensive tackles and nine quarterback sacks.

Hall was originally selected by the Cleveland Browns in the seventh round (231st overall) of the 2008 NFL draft after playing at St. Augustine's University. He went on to play 32 career regular-season games before joining the CFL last year. **THE CANADIAN PRESS**

MLB

Pirates one win away from NLCS

Pedro Alvarez hit a tiebreaking single in the eighth inning and the Pittsburgh Pirates beat the St. Louis Cardinals 5-3 on Sunday to take a 2-1 lead in the best-of-five NL division series.

Alvarez pulled a ground-er into right field that scored pinch-runner Josh Harrison from second base. Russell Martin followed with a sharp RBI single against reliever Kevin Siegrist. **THE ASSOCIATED PRESS**

DeLaet opens eyes in Presidents Cup



Graham DeLaet chipped in for birdie on the 18th hole Sunday morning. DARRON CUMMINGS/THE ASSOCIATED PRESS

His team may have lost, but Graham DeLaet won a lot of admirers.

The Canadian made a lot of friends and headlines with his play in the Presidents Cup at Muirfield Village.

DeLaet, who grew up in Saskatchewan and now lives in that well-known golf destination of Boise, Idaho, led the International side with 3 1/2 points after posting a 3-1-1 record.

He paired with Jason Day

to win both of their fourball matches, then the two halved with Phil Mickelson and Keegan Bradley in a foursomes match completed Sunday morning. DeLaet saved the day by chipping in for birdie on the final hole.

"It was unbelievable," DeLaet said about the shot. "Just one of the coolest feelings in my life, really."

Then DeLaet beat another rookie at international competition, Jordan Spieth, in singles.

Quoted

"I definitely believe deep inside I feel more confidence in myself now."

Graham DeLaet, upon finishing the Presidents Cup with a 3-1-1 record.

He sealed his 1-up victory, again on the 18th hole and again with another hole-out, this one by blasting out of the

gaping bunker left of the green.

He was draped in the Canadian flag as he left the green.

"Pretty crazy finish the last two times here," he said. "I executed them both well, but there's some luck involved as well. I mean, it's super exciting to finish like that. To win the match here and then to halve the match this morning, it makes it even better."

The U.S. won the competition 18 1/2-15 1/2.

THE ASSOCIATED PRESS



See today's answers at metronews.ca/answers.
BY KELLY ANN BUCHANAN

Horoscopes

♈ Aries

March 21 - April 20

If you are bored with the same old places and faces now is the time to make changes.

♉ Taurus

April 21 - May 21

An offer that comes out of the blue may look too good to be true but with Venus, your ruler, moving into the wealth area of your chart today it may pay you to take a closer look. It could be for real.

♊ Gemini

May 22 - June 21

The cosmic balance is shifting in your favour and you should take advantage of it over the next few days.

♋ Cancer

June 22 - July 23

You seem to believe that those you work with are operating according to a hidden agenda and that you alone are being kept in the dark. You need to get over yourself. Can you spell "paranoia"? There's no conspiracy.

♌ Leo

July 24 - Aug. 23

Affairs of the heart are high on your agenda and with love planet Venus moving into the most dynamic area of your chart today you won't hesitate to let that special someone know how you feel.

♍ Virgo

Aug. 24 - Sept. 23

What should concern you now is the bigger picture. What is your place and role in the world? Like everyone you were born with a purpose and a plan and your task this week is to find out what it is.

♎ Libra

Sept. 24 - Oct. 23

Venus, your ruling planet, urges you to raise your sights and accomplish something truly outstanding.

♏ Scorpio

Oct. 24 - Nov. 22

You will get the chance to show a loved one how much you really care for them today. If you are minded to buy them a gift make it something small but tasteful. It's not about how much it costs.

♐ Sagittarius

Nov. 23 - Dec. 21

A great deal of joy is forecast for you over the next few days. Much of it will come from spending time with friends, relatives and the kind of people who accept you for who and what you really are.

♑ Capricorn

Dec. 22 - Jan. 20

The more others urge caution this week the more inclined you will be to take chances – and you'll be glad you did.

♒ Aquarius

Jan. 21 - Feb. 19

Your luck will change for the better today. Why? Because the good things you did for so many people in the past will now start to come back to you.

♓ Pisces

Feb. 20 - March 20

Someone in a position of authority thinks you are the best thing since sliced bread. What have you done to be so highly regarded? Who knows, but you can and you must take advantage of what they offer you.

SALLY BROMPTON

Crossword: Canada Across and Down

Across

- Mr. Jones of The Monkees
- Abodes, hip-style
- Desert hill
- Mars: Prefix
- Funny book
- Swear
- Close at hand, in poetry
- Reddish-brown hair rinse
- Very dry
- Seat for Queen Elizabeth on The Great Seal of Canada: 2 wds.
- WSW opposite
- "Assuming that's true...": 2 wds.
- Unpositive utterance
- Officially choose
- "Dragons' ___"
- Dance step
- Put up with
- Barenaked Ladies' "The Old ___"
- French Sudan, now
- Prices
- Creative
- Ontario town which is the ancient Roman word meaning 'Scotland'
- Bette Davis/Errol Flynn movie, "The Private Lives of Elizabeth and ___" (1939)
- Compass dir.
- Soldier's food-in-a-

- packet [acronym]
- Make cake
- Craze
- Enzyme suffixes
- Energy
- 1970 October Crisis: Prime Minister Trudeau's famous quote: 4 wds.
- Sanction
- Aired again
- "___!... I Did It

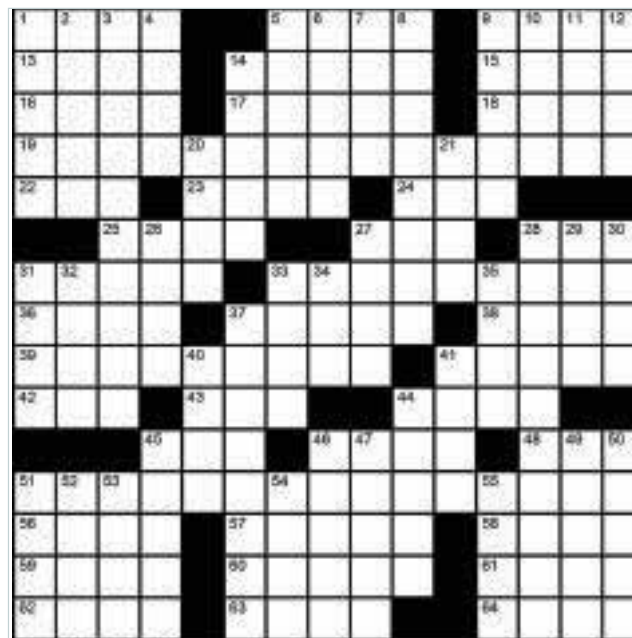
- Again"
- Sentence segment
- Skips
- Not tricked: 2 wds.
- Guitar great Duane
- Puppy's protests!
- Car starters

- ### Down
- Have fun at the

- nightclub
- Dolphin-riding Greek poet
- Alberta town which is east of Edmonton
- ___ National Park, BC
- The Tragically Hip song
- Prenatal test, commonly
- Wilma's pet

- 1981 David Cronenberg horror movie
- Sprint-like
- Eye part
11. "Me neither.": 2 wds.
- Washstand vessel
- Fray
- Evening, informally
- Isn't able
- Comical cat's

- chum
- Stuff collected from research
- ___ Theatre (Saskatoon theatre company named after an ancient goddess)
- Payment in poker
- Greek Myth: Charon's river
- Some old Jeeps, e.g.
- Meadowland sounds
- Super-duper
- Greek alphabet letter
- Jim Carrey movie, "The ___" (1994)
- Casual material
- Music key, ___.
- The ___ Coast
- Kidney, and others
- The Snowbirds maneuver
- From Depeche Mode's "World In My Eyes": "Let me take you on ___."
- Police squads, e.g.
- Beerless beer bottle
- Monetary units in Mexico
- Created carpeting
- Added to income, with hard work
- Grease
- Quasi
- Work in the kitchen



Friday's Crossword

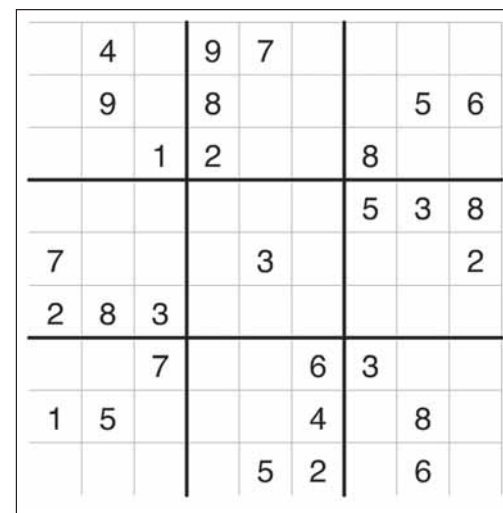


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku



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